

# INCREDIBLE EDIBLE IDAHO

▲ Plum Orchard in Caldwell, Idaho

## IDAHO PLUM AND PLUOT FACTS:

Pluots are a cross between a plum and an apricot - 75% plum and 25% Apricot to be exact.

Pluots are sometimes called "Dinosaur Eggs" due to their unique speckled coloring.

Idaho ranks 4th in the nation in plum production

In Idaho, plums and pluots are harvested in August and September.

## NUTRITION INFORMATION:

Plums and Pluots help maintain eye health, protect against cancer and heart disease

Plums and Pluots provide dietary fiber, minerals, and anti-oxidants

Plums are high in carbohydrates to give you energy!

Plums are an excellent source of Vitamin A, Vitamin C, Vitamin K, and potassium.

Canyon, Payette,  
and Gem counties

